

Variable	Mean	SD	Min	Max
Age	38.5	12.5	18	65
Gender	Male			
Marital status	Married			
Education	High school			
Occupation	Unemployed			
Income	Low			
Health status	Good			
Smoking status	Non-smoker			
Alcohol consumption	None			
Exercise frequency	Low			
Stress level	High			
Sleep quality	Poor			
Dietary habits	Unhealthy			
Family size	Small			
Religious beliefs	Religious			
Community involvement	Low			
Life satisfaction	Low			
Resilience	Low			
Optimism	Low			
Gratitude	Low			
Forgiveness	Low			
Empathy	Low			
Self-esteem	Low			
Self-efficacy	Low			
Self-regulation	Low			
Self-compassion	Low			
Self-acceptance	Low			
Self-actualization	Low			
Self-transcendental meditation	Low			
Transcendental meditation	Low			
Vipassana meditation	Low			
Zen meditation	Low			
Therapeutic exercises	Low			
Yoga	Low			
Pilates	Low			
Aerobic exercise	Low			
Strength training	Low			
Flexibility exercises	Low			
Balance exercises	Low			
Coordination exercises	Low			
Agility exercises	Low			
Speed exercises	Low			
Endurance exercises	Low			
Cardiovascular exercise	Low			
Strength exercise	Low			
Flexibility exercise	Low			
Balance exercise	Low			
Coordination exercise	Low			
Agility exercise	Low			
Speed exercise	Low			
Endurance exercise	Low			
Cardiovascular exercise	Low			
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